

PENGARUH SOCIAL SUPPORT TERHADAP CAREER ADAPTABILITY PADA MAHASISWA TINGKAT AKHIR DI UNIVERSITAS KABUPATEN SLEMAN

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ABSTRAK

Mahasiswa akhir belum mempersiapkan diri dalam menghadapi tugas-tugas di dunia kerja dan masih fokus pada kehidupan yang dijalani sekarang semasa kuliah seperti menyelesaikan tugas akhir. Mahasiswa tingkat akhir yang dihadapkan pada masa transisi sekolah ke kerja, sumber dukungan sangat dibutuhkan untuk membangun career adaptability dalam mengatasi tugas-tugas yang ada hubungannya dengan karier yang akan datang. Penelitian ini bertujuan untuk mengetahui pengaruh social support terhadap career adaptability pada mahasiswa tingkat akhir di Universitas Kabupaten Sleman. Penelitian ini menggunakan metode kuantitatif. Subjek dalam penelitian ini yaitu mahasiswa aktif di Universitas Kabupaten Sleman, berjenis kelamin perempuan dan laki-laki, minimal semester 7 (tujuh), dan sedang mengerjakan tugas akhir. Sampel ditentukan dengan teknik simple random sampling dengan jumlah 267 subjek. Pengumpulan data dilakukan dengan menggunakan kuesioner berupa skala likert. Skala yang digunakan berupa skala social support yang disusun berdasarkan teori Sarafino dan Smith (2011) dan skala career adaptability yang disusun berdasarkan teori Savickas dan Porfeli (2012). Metode analisis data dalam penelitian ini adalah regresi linier sederhana. Hasil penelitian mengidentifikasi bahwa hipotesis diterima (H_a) yaitu adanya pengaruh positif dan signifikan social support terhadap career adaptability pada mahasiswa tingkat akhir di Universitas Kabupaten Sleman dengan nilai signifikansi sebesar 0,000 ($p < 0,05$) dan nilai regresi sebesar 0,726. Berdasarkan hasil penelitian, pengaruh social support terhadap career adaptability sebesar 39,6%.

Kata Kunci: Career Adaptability, Mahasiswa Tingkat Akhir, Social Support

THE EFFECT OF SOCIAL SUPPORT ON CAREER ADAPTABILITY IN FINAL YEAR STUDENTS AT UNIVERSITY OF SLEMAN REGENCY

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ABSTRACT

Final year students often find themselves inadequately prepared to navigate the challenges of the professional world, remaining preoccupied with their current academic responsibilities, such as completing their capstone projects. As these students transition from academia to the workforce, there is a pressing need for support systems to enhance their career adaptability and assist them in managing future career-related tasks. This study seeks to explore the impact of social support on the career adaptability of final-year students at the University of Sleman Regency. Employing a quantitative research methodology, the study focuses on active students from universities in Sleman Regency, both male and female, who are at least in their seventh semester and engaged in their final projects. A total of 267 participants were selected through a simple random sampling technique. Data were gathered using a questionnaire designed on a Likert scale, which included a social support scale based on the framework established by Sarafino and Smith (2011) and a career adaptability scale derived from the theories of Savickas and Porfeli (2012). The analysis was conducted using simple linear regression. The findings confirmed the hypothesis (H_a), indicating a positive and significant relationship between social support and career adaptability among final-year students at Sleman Regency University, with a significance level of 0.000 ($p < 0.05$) and a regression coefficient of 0.726. Based on the study's results, social support's contribution to career adaptability was 39.6%.

Keywords: Career Adaptability, Final Year Students, Social Support